



CATCHing Healthy Habits for adults 50+

Join the fun getting fit and enjoy healthy food!

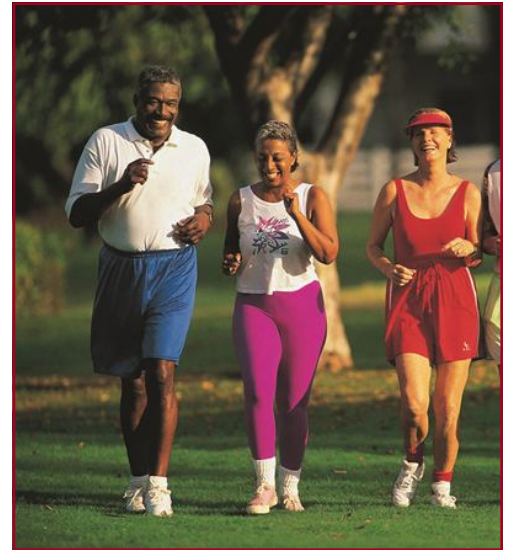
Sign up for this fun interactive class and learn easy, creative ways to eat healthy and get moving at your own pace. Participants will enjoy delicious, nutritious snacks, and learn how to play fun games that get everyone moving at their own pace. Practical tips on healthy eating and physical activity will be presented, along with information about the U. S. obesity epidemic and the chronic illnesses linked to being overweight.

Each week, participants will enjoy a healthy snack and experience low-impact exercises to increase physical activity. Participants will also receive a Healthy Living Guide for Adults 50+ filled with easy-to-make, nutritious recipes and simple exercises you can incorporate into your weekly routine.

A different topic will be featured each week.

Eating Healthy on a Budget

- Eating the Rainbow: the Colors of Fruits and Vegetables
- The Skinny on Fat: Reducing Fat in Our Diets
- Protein: The Body's Own Superman



Senior Advocate's Office

9800 Government Center Parkway, Chesterfield

Tuesdays, 1:30-2:30 p.m. ▪ February 16-March 8

To sign up, contact Debbie Leidheiser at 804-768-7878

or Leidheiserd@chesterfield.gov or Sara Morris at 804-828-1565

CATCH Healthy Habits is delivered in Richmond in partnership with:



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